Statistics Report 09111, Grapefruit, raw, pink and red and white, all areas

Report Date: June 30, 2017 10:14 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	d. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water	g	90.89	56	0.048							Analytical or derived from analytical		08/1982
Energy	kcal	32									Calculated or imputed		08/1982
Energy	kJ	134									Calculated or imputed		12/2006
Protein	g	0.63	51	0.009							Analytical or derived from analytical		08/1982
Total lipid (fat)	g	0.10									Analytical or derived from analytical		08/1982
Ash	g	0.31	49	0.005							Analytical or derived from analytical		08/1982
Carbohydrate, by difference	g	8.08									Calculated or imputed		08/1982
Fiber, total dietary	g	1.1									Analytical or derived from analytical		08/1982
Sugars, total	g	6.98									Calculated or imputed		02/2003

Minerals

Nutrient	Unit	Value Per100 g	Data Points	td. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Calcium, Ca	mg	12	49	0.265							Analytical or derived from analytical		08/1982
Iron, Fe	mg	0.09	35	0.004							Analytical or derived from analytical		08/1982
Magnesium, Mg	mg	8	97	0.313							Analytical or derived from analytical		08/1982
Phosphorus, P	mg	8	50	0.376							Analytical or derived from analytical		08/1982
Potassium, K	mg	139	73	2.089							Analytical or derived from analytical		08/1982
Sodium, Na	mg	0	36	0.028							Analytical or derived from analytical		08/1982
Zinc, Zn	mg	0.07	1								Analytical or derived from analytical		08/1982
Copper, Cu	mg	0.047	49	0.002							Analytical or derived from analytical		08/1982
Manganese, Mn	mg	0.012	48	0.001							Analytical or derived from analytical		08/1982
Selenium, Se	μg	0.3									Calculated or imputed		02/2003

Nutrient	Unit	Value Per100 g	Data Points	d. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Fluoride, F 1	μg	1.0	9								Analytical or derived from analytical		04/2006
Vitamins													
Vitamin C, total ascorbic acid	mg	34.4	49	0.710							Analytical or derived from analytical		08/1982
Thiamin	mg	0.036	49	0.001							Analytical or derived from analytical		08/1982
Riboflavin	mg	0.020									Analytical or derived from analytical		08/1982
Niacin	mg	0.250	49	0.007				-			Analytical or derived from analytical		08/1982
Pantothenic acid	mg	0.283									Analytical or derived from analytical		08/1982
Vitamin B-6	mg	0.042	33	0.002							Analytical or derived from analytical		08/1982
Folate, total	μg	10	52	0.753							Analytical or derived from analytical		08/1982
Folic acid	μg	0									Assumed zero		01/2001
Folate, food	μg	10	52	0.753							Analytical or derived from analytical		12/2006
Folate, DFE	μg	10									Calculated or imputed		12/2006

Nutrient	Unit	Value Per100 g	Data Points Std	. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Choline, total	mg	7.7									Calculated or imputed	09112	12/2006
Vitamin B-12	μg	0.00									Assumed zero		08/1982
Vitamin B-12, added	μg	0.00									Assumed zero		04/2005
Vitamin A, RAE	μg	46									Calculated or imputed		09/2003
Retinol	μg	0									Assumed zero		06/2002
Carotene, beta	μg	552									Calculated or imputed		02/2003
Carotene, alpha	μg	4									Calculated or imputed		02/2003
Cryptoxanthin, beta	μg	6									Calculated or imputed		02/2003
Vitamin A, IU	IU	927									Calculated or imputed		09/2003
Lycopene	μg	1135									Calculated or imputed		02/2003
Lutein + zeaxanthin	μg	6									Calculated or imputed		02/2003
Vitamin E (alpha-tocopherol)	mg	0.13									Calculated or imputed		02/2003
Vitamin E, added	mg	0.00									Assumed zero		04/2005
Vitamin D (D2 + D3)	μg	0.0									Assumed zero		11/2008
Vitamin D	IU	0									Assumed zero		02/2009
Vitamin K (phylloquinone)	μg	0.0									Calculated or imputed		02/2003
Lipids											Analytical		
Fatty acids, total saturated	g	0.014	-			_					or derived from analytical		08/1982

Nutrient	Unit	Value Per100 g	Data Points Std.	Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
4:0	g	0.000									Analytical or derived from analytical		02/1995
6:0	g	0.000									Analytical or derived from analytical		02/1995
8:0	g	0.000									Analytical or derived from analytical		02/1995
10:0	g	0.000									Analytical or derived from analytical		02/1995
12:0	g	0.000									Analytical or derived from analytical		02/1995
14:0	g	0.000	~					-			Analytical or derived from analytical		02/1995
16:0	g	0.012									Analytical or derived from analytical		08/1982
18:0	g	0.001									Analytical or derived from analytical		08/1982
Fatty acids, total monounsaturated	g	0.013									Analytical or derived from analytical		08/1982
16:1 undifferentiated	g	0.001	-					-			Analytical or derived from analytical		08/1982

Nutrient	Unit	Value Per100 g	Data Points Std.	Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
18:1 undifferentiated	g	0.012									Analytical or derived from analytical		08/1982
20:1	g	0.000									Analytical or derived from analytical		02/1995
22:1 undifferentiated	g	0.000									Analytical or derived from analytical		02/1995
Fatty acids, total polyunsaturated	g	0.024									Analytical or derived from analytical		08/1982
18:2 undifferentiated	g	0.019									Analytical or derived from analytical		08/1982
18:3 undifferentiated	g	0.005						-			Analytical or derived from analytical		08/1982
18:4	g	0.000									Analytical or derived from analytical		02/1995
20:4 undifferentiated	g	0.000									Analytical or derived from analytical		02/1995
20:5 n-3 (EPA)	g	0.000									Analytical or derived from analytical		02/1995
22:5 n-3 (DPA)	g	0.000	-								Analytical or derived from analytical		02/1995

Nutrient	Unit	Value Per100 g	Data Points S	td. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
22:6 n-3 (DHA)	g	0.000									Analytical or derived from analytical		02/1995
Fatty acids, total trans	g	0.000									Assumed zero		06/2015
Cholesterol Amino Acids	mg	0									Assumed zero		08/1982
Tryptophan 2 3	g	0.006									Analytical or derived from analytical		09/2003
Threonine $\frac{2}{3}$	g	0.011									Analytical or derived from analytical		09/2003
Isoleucine 2 3	g	0.007									Analytical or derived from analytical		09/2003
Leucine $\frac{2}{3}$	g	0.012									Analytical or derived from analytical		09/2003
Lysine $\frac{2}{3}$	g	0.016									Analytical or derived from analytical		09/2003
Methionine $\frac{2}{3}$	g	0.006									Analytical or derived from analytical		09/2003
Cystine $\frac{2}{3}$	g	0.006									Analytical or derived from analytical		09/2003
Phenylalanine ³	g	0.038									Analytical or derived from analytical		09/2003

Nutrient	Unit	Value Per100 g	Data Points Std. E	rror	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Tyrosine $\frac{2}{3}$	g	0.006									Analytical or derived from analytical		09/2003
Valine $\frac{2}{3}$	g	0.012									Analytical or derived from analytical		09/2003
Arginine 2 3	g	0.070									Analytical or derived from analytical		09/2003
Histidine $\frac{2}{3}$	g	0.006									Analytical or derived from analytical		09/2003
Alanine $\frac{2}{3}$	g	0.020									Analytical or derived from analytical		09/2003
Aspartic acid $\frac{2}{2}$ $\frac{3}{2}$	g	0.111									Analytical or derived from analytical		09/2003
Glutamic acid $\frac{2}{3}$	g	0.160									Analytical or derived from analytical		09/2003
Glycine $\frac{2}{3}$	g	0.012									Analytical or derived from analytical		09/2003
Proline $\frac{2}{3}$	g	0.051									Analytical or derived from analytical		09/2003
Serine $\frac{2}{3}$	g	0.022									Analytical or derived from analytical		09/2003

Other

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Nutrient	Unit	Value Per100 g	Data Points Std. 1	Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Alcohol, ethyl	g	0.0									Assumed zero		04/1985
Caffeine	mg	0									Assumed zero		02/2003
Theobromine	mg	0									Assumed zero		02/2003

Sources of Data

¹Robert Ophaug Fluoride, Unpublished - Ophaug, Microdiffision

²Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 5i, 2001 Beltsville MD

³Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 5e, 2001 Beltsville MD